

Easy Popcorn in the Microwave

Commercial bags of microwave popcorn are very convenient but contain a lot of artificial ingredients and often a lot of excess calories. What many people don't know is that you don't have to buy the special bags to get this convenience. All you need is popcorn and a brown paper lunch bag!

1. Open a brown paper lunch bag and stand it up on the counter.
2. Add desired amount of popcorn kernels in bottom of the bag.
2 Tbsp kernels = about 3 cups popcorn (3 cups is a serving)
3. Fold the bag over 2-3 times
4. Place the bag in the microwave and cook until popping slows down (about 2-3 minutes, depending on your microwave)
5. Remove from microwave and season as desired:
 - Drizzle with a little butter and lightly salt
 - Garlic powder and parmesan cheese
 - Seasoned salt
 - Lime zest and chili

Coloring Contest

This year for National Nutrition Month®, we will be having a coloring contest. Prizes will be awarded in each clinic and then we will choose one grand prize winner in the district. The grand prize will be a 1 year subscription to *Chop Chop Magazine (The Fun Cooking Magazine for Families)*. Coloring sheets will be available January—March and are due by March 30. Prizes will be awarded and pictures displayed in April.

Computer Changes...

The Idaho WIC program will be switching over to a new computer system on February 1, 2012. Please be patient with our staff as we learn this new system. Thank you!

Contact Information

If your address or phone number changes, please let us know as soon as possible. Occasionally, we may need to contact you to re-schedule an appointment or with other information. Thank you!

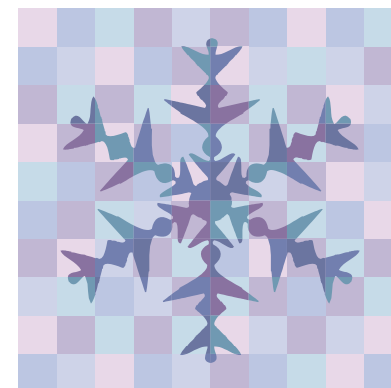
Office Closures

January 2	New Year's, <i>observed</i>
January 16	Martin Luther King Day
January 30 & 31	Staff Meeting
February 20	President's Day

Happy New Year!

WIC Newsletter

January/ February 2012



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Portion Control

Over the last 20 years, portion sizes have grown tremendously. Often times, one plate of food has enough servings for 2 to 3 people. What's the difference between a portion and a serving? The amount of food *you choose* to eat is a **portion** (large or small). A **serving** is a measured amount of food—1 cup of vegetables or 4 ounces of juice.

Many of our foods come in prepackaged (or single serve) *portions* (a 24oz bottle of soda for example) that actually contain multiple *servings*. The food label on 24 oz of soda lists a serving of soda as 8 oz and containing around 100 calories, so if you consume the whole 24 oz bottle you would have to multiply the calories by 3—you are consuming about 300 calories!




The growing portion sizes that we consume have changed what we consider to be normal amounts of food. This is called “portion distortion” & it can increase your calorie intake

which leads to unwanted weight gain. How can you correct this portion distortion?


- Use correct serving sizes
- Serve your food on smaller plates
- Eat more fruits and vegetables
- Try using half the amount of fats you add, such as mayonnaise, sour cream and butter/margarine
- Portion out snack foods rather than eating out of the bag
- Order small servings when eating out or split a meal



It is helpful to be able to visualize what a correct serving size is. Here are some examples from the food groups:

Grains



- 1 oz or 1/2 cup cooked rice = 
- 1 one oz pancake = (CD) 
- 1 cup of cereal flakes = (fist) 

Vegetables



- 1 cup salad greens = 

- 1 baked potato = (computer mouse) 
- 1/2 cup cooked veggies = (light bulb) 



Fruits

- 1/2 cup fresh = 
- 1 medium piece = 

Protein

- 1 Tbsp peanut butter = (tip of thumb) 
- 3oz of meat, fish, poultry = (deck of cards) 

Dairy

- 1 1/2 oz cheese =  (four dice)
- 1/2 cup ice cream = 

The USDA's MyPlate method can help with learning what's right for you. Visit chooseMyPlate.gov for more personalized information on serving sizes and how much you need.

Sources:

www.nhlbi.nih.gov
www.mckinley.illinois.edu